

# The HAWC Herald

Health and Wellness Center 2690 C St, Bldg 571 (Area B) in the Wright-Field Fitness Center  
Wright-Patterson AFB OH 45433-5350 Telephone: (937) 904-WELL



## Wellness is an Attitude!

[www.AFMCWellness.com](http://www.AFMCWellness.com)

Make your health a priority and visit the [AFMC Wellness Support Center website](http://www.AFMCWellness.com) often. **This site is for Active Duty and DoD Civilian**

**employees.** It is a great place to learn, get motivated, and stay focused on your health & wellness goals. It features online tools that will connect you to resources in all wellness dimensions including physical, social, mental, and spiritual. The updated incentive program offers recognition and prizes to participants who earn points from classes and screenings, completing a health risk assessment (HRA), and logging their fitness activities.

**Check it out today!**

## Complete your HRA in 4 easy steps!

*(DoD Civilians & Active Duty Military)*

**Step 1:** Go to [www.AFMCwellness.com](http://www.AFMCwellness.com) - choose Civilian or Active Duty.

**Step 2:** Log on with your user ID and password (if you have forgotten, click on "Forgot ID/Password"). *\*If this is your first visit please "Create an Account" – you will be asked some preliminary questions and then can create by selecting your own login ID and password.*

**Step 3:** *Civilians* will be prompted to complete the wellness profile/HRA immediately. *AD* will need to look under the Health Assessments tab and click on "complete a wellness profile". Click on "Take the Assessment Now" and answer all of the questions (takes approximately 10 min).

**Step 4:** Return to the home page and print the "Wellness Profile Certificate" under the Health Assessments tab.

**Incentive prize awarded upon completion - bring certificate to the CHPS office.**

HAWC Herald and information located here:

<http://www.wpafb.af.mil/library/factsheets/factsheet.asp?id=9393> or

<http://www.wpafb.af.mil/units/wpmc/index.asp>

## FREE BOD POD Body Fat Measurement

For **Tricare Beneficiaries**, BOD POD measurements (Body Composition Analysis) are offered on space available at the Health and Wellness Center (HAWC). Please call to schedule an apt 904-9358.



For **DoD Civilians**, please see CHPS schedule on page 4 for more information on body composition testing.

## Class Policy

### HAWC:

Classes are open to Active Duty, Reservists, Guard, retired military and their dependents, and base civilian employees. Contract and retired civil service employees may attend on a space-available basis. Class sizes are limited and ***all classes are first come, first served.***

### CHPS:

Classes are open to all with access to WPAFB. Classes do not require registration and are on a space-available basis.

# HAWC Classes



## Why Worry?

**Jul 02 1100-1200/Aug 13 1200-1300, HAWC Classrm**

Are worries getting you down? Learn some new techniques to deal with your stress. Bring your bag lunch!

## Trouble Sleeping?

**Jul 02, 1200-1300/Aug 13 1100-1200 HAWC Classrm**

Are you getting enough sleep? Are you having trouble with insomnia? Did you know that a chronic loss of sleep can increase your risk for weight gain and many other conditions? Come and learn healthy sleep tips to get a better night's sleep.

## Fitness 101

**Jul 28/Aug 18, 1200-1300 HAWC Classroom**

A crash course designed to help you get the biggest gains for your time spent exercising! Whether you are striving to put on more lean muscle, improve your strength or knock off a couple of pounds, this class will give you the top exercises to achieve your fitness goals. Great for the Civilian Fitness Program!

## Nutrition 101

**Jul 28/Aug 18, 1300-1400, HAWC Classroom**

Learn the top 10 tips to increase your energy and health! Learn how to eat healthy while still maintaining your busy lifestyle. Practical hands on tips presented in a quick 45 minute format.

## Running Clinic

**Jul 21, 1300-1500 HAWC Classroom**

This class will address proper run training techniques/ form and drills. This class will involve practical / running sections so come dressed to run either inside or out.

## Tobacco Cessation

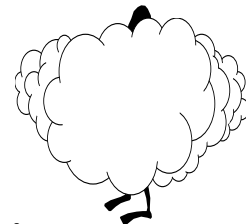
Stop smoking or chewing tobacco for good! It's never been easier to quit.

**Jul 09 and 23 in HAWC Classroom .**

**Aug 06 and 27 in HAWC Classroom .**

**Sep 10 in HAWC Classroom .**

All the Tobacco Cessation classes are 1 session from 1100-1230. Registration is not required, "first come, first served". Call 904-9355 (WELL) for more information or contact Jorie Hanson at 904-9362 or Michael Papio at 904-9358 with questions.



## Quitting Support Group

Want additional support in quitting smoking or dipping? Join our monthly support group!

**Jul 30, 1200-1300 in HAWC Classroom .**

**Aug 20, 1200-1300 in HAWC Classroom .**

**Sep 24, 1200-1300 in HAWC Classroom .**

This group is for any person who has previously taken the Smoking Cessation class and is looking for additional support in quitting nicotine. Call Ms. Jorie Hanson at 904-9362 for more information or questions.



## Active Duty Only

### BE WELL Program

Every Tuesday 0830-1100, **HAWC Classrm.**

Note: **Members must** bring completed AF Form 108 to BE WELL classes.

0830-0930 Healthy Weight (AC failure)

0930-1030 Cardiovascular (Run/Walk failure)

1030-1100 Strength (PU/SU failure)



## **Duty Limiting Condition (DLC)**

### **Looking for your completed 469 for PT test?**

Individuals can access their profile by following the steps below:

Log onto the Air Force Portal

<https://asims.afms.mil/imr/MyIMR.aspx>

Scroll down to Featured Links box

Click on the + next to Fitness & Health

Click on Medical Readiness-Deployment Health

Click on MyIMR

Scroll down and click on AF469 and that will allow you to view and print your own profile.

### **BLS Class for PTL/UFPMS**

PT Leader in need of CPR?

The Medical Group Training office has Basic Life Support Classes available:

How to schedule: Call Ms. Joan Hannigan 257-9347 or E-mail [Joan.hannigan@wpafb.af.mil](mailto:Joan.hannigan@wpafb.af.mil)

### **Physical Training Leader Advanced Course**

**Jul 17 and Aug 14, 0830-1630 HAWC Classroom #3.**

This 8 hour training is for members who will be leading unit fitness sessions. **MUST wear PT gear. Must have PTL-B certificate. All PTL must attend a refresher course annually.**

IAW AFI 36-2905, **PT Leaders** must have a passing fitness test score and current CPR certification before being allowed to attend and register for these fitness related courses. You will need to bring proof of current CPR with you at class time.

**PTL Basic (Tester) Training (class conducted by FAC). Jul 17 and Aug 14 from 0700-0830 in HAWC Classroom #3.**

This course is a mandatory course for those who will be serving as test administrators for WPAFBs' official testing program, or those who will be conducting nonofficial diagnostic tests in their unit. This course teaches proper technique for push-ups, crunches, measuring abdominal circumference, AF run or walk test and tabulating the final score. This course is taught by 88 FSS FAC chief. **MUST wear PT gear.** PTL Tester must attend a refresher course annually.

**UFPM Training Course Jul 08/Aug 05/Sep 09, 10:00-12:00 HAWC Classroom#4.**

This training is a required course for those members who will serve as their Unit fitness Program Manager (UFPM) and will train members on FA policies and metrics. **This course is taught by 88 FSS FAC chief.**

**PTL-B (Tester) Refresher (class conducted by FAC) Jul 10/Aug 07/Sep 11 from 0700-0830 in HAWC Classrm #3.** This fulfills annual refresher training required for PTL testers. Wear uniform of the day

### **Unit PTL-A Refresher Course**

**Jul 10/Aug 07, 0830-1130 HAWC Classrm #3.** This fulfills annual refresher training required for PTL's. **Wear uniform of the day/PT gear recommended**

### **Push-Up/Sit – Up Crash Course**

**Jul 08/22, Aug 12, 1500-1600 HAWC Classroom**

Geared to military but open to all base eligible clients, this class is targeted at improving performance in these two fitness tests. Having trouble with these portions of the fitness test? Worry no more, Learn the top 10 tips to master these tests and blow your test scores out of the water! Come dressed and ready for action.



### **Health and Wellness Center Staff**

- Michael Papio MS, RN -- Health Promotion Manager
- Karen McGinnis, BS – Health Fitness Specialist
- Jorie Hanson, MA – Tobacco Cessation Coordinator



## Civilian Health Promotion Services

Area B Bldg 571  
Wright Field Fitness Center  
Room 143  
Phone: 937-904-9359

[CHPSWrightPatterson@foh.hhs.gov](mailto:CHPSWrightPatterson@foh.hhs.gov)

- **Health Promotion Coordinator:**
  - Katie Doyle, MS, CWWS
- **Health Promotion Specialists:**
  - Drew Kuesel, Karen, McGinnis,  
Kimberly Smith, Susan Yantko

The CHPS schedule is subject to change – please consult our online calendar at [www.AFMCwellness.com](http://www.AFMCwellness.com) for a monthly event listing.

## BODY COMPOSITION TESTING FOR CIVILIANS



### INBODY SCALE

Available for DoD Civilians with a current Health Risk Assessment (HRA). Testing is free and available to repeat every 3 months. ***This scale is transportable for group screenings at your office location.***



### BOD POD TESTING

Available for DoD Civilians with a current HRA and completion of our one-time pre-requisite class, “Body Composition: What are you made of?” Testing is free and available to repeat every 3 months.

### Body Composition: What are you made of?

28 JUL / 1130-1230 / Bldg 571 (B) Rm #212  
11 AUG / 1130-1230 / Bldg 571 (B) Rm #212  
25 AUG / 1130-1230 / Bldg 10 (A) Morris C/R #228  
08 SEPT / 1130-1230 / Bldg 571 (B) Rm #212

Whether you are overweight or of normal body weight, you should be aware of the impact body composition has on your health. Even if your scale weight is within a normal range, you can still have unhealthy or altered body composition. This class will address how exercise and nutrition can help improve our body composition and what a healthy body composition means.



## **JULY HEALTH FOCUS** **– UV Safety Month**

### Road Rules for Healthy Eating (30 min.)

01 JUL / 1115-1145 / Bldg 50 (B) Rm #013  
22 JUL / 1115-1145 / Bldg 262 (A) Gerrity C/R #S268  
30 JUL / 1115-1145 / Bldg 10 (A) Morris C/R #228

This class is a healthy nutrition and exercise guide to keep you on track at your favorite vacation destinations this summer.

### Spice Up Your Summer (30 min.)

01 JUL / 1200-1230 / Bldg 50 (B) Rm #013  
22 JUL / 1200-1230 / Bldg 262 (A) Gerrity C/R #S268  
30 JUL / 1200-1230 / Bldg 10 (A) Morris C/R #228

Spice up your diet by adding herbs and spices, an easy way to add flavor and variety to your food. Make your taste buds come alive this summer!

### Skin Cancer

08 JUL / 1130-1230 / Bldg 50 (B) Rm 013  
16 JUL / 1130-1230 / Bldg 262 (A) Gerrity C/R #S268  
23 JUL / 1130-1230 / Bldg 10 (A) Morris C/R #228

Skin cancer is a lifestyle disease, affecting 1 in 5 Americans. However, it is high preventable. Attend this class to learn more about causes, types, and treatment for skin cancer.

### Summer Seasonal Foods (30 min.)

10 JUL / 1115-1145 / Bldg 262 (A) Gerrity C/R #S268  
17 JUL / 1115-1145 / Bldg 10 (A) Morris C/R #228  
29 JUL / 1115-1245 / Bldg 50 (B) Rm #013

What foods are growing near you? Take advantage of fresh local produce and learn the benefits of eating seasonally.

### Healthy BBQ Survival Guide (30 min.)

10 JUL / 1200-1230 / Bldg 262 (A) Gerrity C/R #S268  
17 JUL / 1200-1230 / Bldg 10 (A) Morris C/R #228  
29 JUL / 1200-1230 / Bldg 50 (B) Rm #013

Find out some easy ways to modify your favorite BBQ and summer picnic recipes.

### High Blood Pressure

15 JUL / 1130-1230 / Bldg 50 (B) Rm #013  
04 AUG / 1130-1230 / Bldg 571 (B) Rm #212

High blood pressure, aka the “silent killer”, affects one in three U.S. adults. Come learn about the risks, treatments and prevention tips for high blood pressure. *Blood pressure checks will be available before and after class.*



### **AUGUST HEALTH FOCUS**

**– Emotional Well-Being Month**

**- National Immunization Awareness Month**

#### **Back-to-School Stress Busters**

05 AUG / 1130-1230 / Bldg 262 (A) Air Depot #S276

07 AUG / 1130-1230 / Bldg 50 (B) Rm #013

14 AUG / 1130-1230 / Bldg 10 (A) Wing C/R #232

Back to school doesn't have to mean back to the crazy life.

Help your kids and yourself to de-stress the start of the school year with some simple strategies from CHPS.

#### **Adult Immunizations: Are You Up-to-Date?**

06 AUG / 1130-1230 / Bldg 50 (B) Rm #013

19 AUG / 1130-1230 / Bldg 10 (A) Morris C/R #228

Immunizations aren't just for children. Adults need immunizations, too. Adults who never received childhood vaccinations can experience serious complications from these diseases as an adult. Learn about these disease symptoms and the recommended schedule for receiving vaccinations as an adult.

#### **Oral Health: A Window to Your Overall Health**

12 AUG / 1130-1230 / Bldg 50 (B) Rm #013

19 AUG / 1130-1230 / Bldg 262 (A) Gerrity C/R #S268

Did you know that your oral health can offer clues about your overall health – or that problems in your mouth can affect the rest of your body? CHPS will help you protect yourself by discussing good oral hygiene, common oral diseases, and good nutrition.

#### **Mindful Eating: The Optimal "Diet"**

13 AUG / 1130-1230 / Bldg 262 (A) Gerrity C/R #S268

20 AUG / 1130-1230 / Bldg 50 (B) Rm #013

28 AUG / 1130-1230 / Bldg 10 (A) Morris C/R #228

There is no right or wrong way to eat, but are you conscious of what you are eating and why? Learn how to base your meals on physical cues, not emotional ones with this class from CHPS.

#### **The Dimensions of Wellness**

21 AUG / 1130-1230 / Bldg 262 (A) Air Depot #S276

26 AUG / 1130-1230 / Bldg 50 (B) Rm #013

What is your definition of optimal health to live a long, vital, and independent life? This class will define the 4 wellness pillars to help you balance your health habits and improve your overall well-being.

#### **Healthy Eating at Work**

27 AUG / 1130-1230 / Bldg 571 (B) Rm #212

19 SEPT / 1130-1230 / Bldg 571 (B) Rm #212

A healthy eating plan can be quickly derailed at work when we are surrounded by candy dishes and food fund-raisers, weekly carry-ins, and colleagues inviting us to lunch. This class will help you with some tips for healthy eating in the workplace.



### **SEPTEMBER HEALTH FOCUS**

**– Healthy Aging® Month**

**- National Cholesterol Education Awareness Month**

**- National Ovarian Cancer Awareness Month**

**- Prostate Health Month**

#### **Men's Health: Prostate Cancer Edition**

03 SEPT / 1130-1230 / Bldg 50 (B) Rm #013

18 SEPT / 1130-1230 / Bldg 262 (A) Gerrity #S268

September is Prostate Health Month. Prostate cancer is the most common cancer among American men. Attend this CHPS briefing to learn more about prostate cancer and other men's health topics.

#### **Arthritis**

04 SEPT / 1130-1230 / Bldg 262 (A) Air Depot #S276

15 SEPT / 1130-1230 / Bldg 571 (B) Rm #212

Arthritis is the leading cause of disability in people 15 years of age and older. Learn more about the management and treatment of arthritis at this CHPS class.

#### **Headaches**

05 SEPT / 1130-1230 / Bldg 571 (B) Rm #212

17 SEPT / 1130-1230 / Bldg 10 (A) Morris C/R #228

Headaches are one of the most common pain complaints, ranging from minor annoyances to severe migraines. This pain makes it difficult for us to focus and affects our mood. This class will cover different types of headaches and their treatment, as well as prevention tips.

#### **Women's Health: Ovarian Cancer Edition**

09 SEPT / 1130-1230 / Bldg 10 (A) Morris C/R #228

17 SEPT / 1130-1230 / Bldg 50 (B) Rm #013

September is National Ovarian Cancer Awareness Month. Ovarian cancer is often called a "silent killer" as its symptoms are vague and often not diagnosed until it is at an advanced stage. Attend this CHPS briefing to learn more about ovarian cancer and other women's health topics.

### **Protect Your Heart: Understanding Your Numbers**

10 SEPT / 1130-1230 / Bldg 50 (B) Rm #013

16 SEPT / 1130-1230 / Bldg 262 (A) Gerrity #S268

We live our lives by the numbers, but do you know the heart health numbers that could literally save your life? This class will discuss the key numbers you need to know to determine your cardiac risk. Healthy numbers mean a healthy heart!

### **Portion Distortion**

11 SEPT / 1130-1230 / Bldg 262 (A) Gerrity #S268

16 SEPT / 1130-1230 / Bldg 50 (B) Rm #013

Portions at restaurants and at home have increased in size over the past decades and super-size options seem endless. Learn how to read nutrition labels and recommended serving sizes for the basic food groups.

### **Fitness & Aging**

11 SEPT / 1130-1230 / Bldg 50 (B) Rm #013

23 SEPT / 1130-1230 / Bldg 10 (A) Morris C/R #228

You may think this class is for the over 50 crowd, but we start showing declines of fitness in our 30's. Fitness can be our ultimate anti-aging solution – allowing us to maintain independence and have a better quality of life as we age. Attend this class to gain control over how much aging affects you, your body, and your brain.

### **Sleep Your Way to Better Health**

12 SEPT / 1130-1230 / Bldg 571 (B) Rm #212

Many studies show sleep to be as important as nutrition and exercise in terms of maintaining good health. Getting good quality sleep on a consistent basis can improve many health issues. Join CHPS to learn how to get your best night of sleep, every night.



### **CHOLESTEROL & BLOOD PRESSURE SCREENINGS**

- Free and Fast
- Cardiac risk profile screening is available to DoD Civilian employees once per fiscal year. It includes: total cholesterol, HDL, LDL, triglycerides, blood sugar, blood pressure check, and body mass index value
- Fasting 8-12 hours and drinking water before the screening are best for accurate results
- Blood pressure readings are available for all individuals.
- **All CHPS services are mobile. Please contact us to schedule an event at your office location.**

### **SCREENING SCHEDULE:**

MOST Monday's and Friday's / 0700-1000 / CHPS Office

\*Check our online calendar at [www.AFMCwellness.com](http://www.AFMCwellness.com) for an up-to-date listing.

### **JUL 2014**

08 JUL / 0800-0930 / Bldg 20 (B) 88 ABW/PA  
09 JUL / 0800-1000 / Bldg 15 (B) C/R #117  
15 JUL / 0800-1000 / Bldg 8 (B) 88 ABW/IP C/R  
16 JUL / 0800-0930 / Bldg 262 (A) A8T C/R #S142  
17 JUL / 0800-1000 / Bldg 600 (B) Global Hawk  
22 JUL / 0800-1000 / Bldg 209 (A) C/R #109 A  
24 JUL / 0830-0930 / Bldg 16 (B) C/R #083  
29 JUL / 0800-1000 / Bldg 262 (A) Gerrity #S268  
31 JUL / 0700-1000 / Bldg 571 (B) WFFC Lobby

### **AUG 2014**

05 AUG / 0800-1000 / Bldg 254 (B) AFRL/RYS  
07 AUG / 0800-1000 / Bldg 16 (B) Food Court  
12 AUG / 0730-0930 / Bldg 280 (A) AFAA C/R  
13 AUG / 0730-0930 / Bldg 219 (A) AFAA 2<sup>nd</sup> Floor C/R  
20 AUG / 0800-1000 / Bldg 560 (AFLCMC/WI)  
21 AUG / 0800-1000 / Bldg 262 (A) Food Court  
27 AUG / 0800-0930 / Bldg 4006 (A) Witt Auditorium  
28 AUG / 0800-0930 / Bldg 553 (B) C/R #321

### **SEPT 2014**

10 SEPT / 0800-1000 / Bldg 653 (B) Cafetorium  
17 SEPT / 0800-1030 / Bldg 262 (A) Food Court

Schedule is subject to change. Please visit [www.AFMCwellness.com](http://www.AFMCwellness.com) for a monthly event listing.  
Contact Civilian Health Promotion Services if you would like any of these screenings and/or classes offered at your work location.  
Katie Doyle, MS, CWWS  
Health Promotion Coordinator  
937-904-9673  
[Katie.doyle.ctr@wpafb.af.mil](mailto:Katie.doyle.ctr@wpafb.af.mil)